

Healthy Snack/Mini Meal

200 CALORIES
20G CARBS
12G PROTEIN
8G FAT
FOR 1/2 STUFFED PEPPER

Stuffed Pepper

Fruit:

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Vegetable:

Bell Pepper, Onion

Protein:

Chicken, beans, Cheese

Whole Grain:

*Quinoa/wild rice/lentils
/barley/corn*



How does this fit on my native plate?

Feel free to replace these with anything you have (such as the protein with lean ground beef, bison, or turkey) just always make sure you include all 4 food groups!

This is missing a fruit, add any fruit you enjoy!

Healthy Snack/Mini Meal Stuffed Pepper



6 servings

Ingredients:

Vegetable:

- 3 Bell Peppers, Onion

Protein:

- Choose one: 1/2 lb of *Chicken, ground: bison, turkey, or lean beef*
- 1 can black/pinto beans
- 3/4 cup Cheese

Whole Grain:

- Choose one or get a mixture of: *Quinoa/wild rice/lentils/barley*
- 1/2 can or 1 c frozen Corn

Directions:

- Heat oven to 375 degrees.
- Prepare meat as directed: pull rotisserie chicken, removing skin. Or: cook ground: bison/turkey/beef as directed (cooked until no pink)
- Rinse and slice bell peppers in half, removing seed and white flesh inside.
- Roast bell peppers for about 10 minutes or until slightly softened.
- In a separate pan, mix black beans, onion, and 2 cups cooked grain together over medium heat. Add meat.
- Remove from heat, add 1/2 cup cheese and mix.
- Use large spoon or scoop and put mixture into 1/2 bell pepper, filling each half pepper. Sprinkle remaining cheese on top.
- Place stuffed peppers in oven for additional 5-10 minutes or until cheese on top is melted.